



WHAT'S YOUR **30**?

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Personal Trainer, Private Classes

— @mar_violinha



30 OCT - 28 NOV 2020

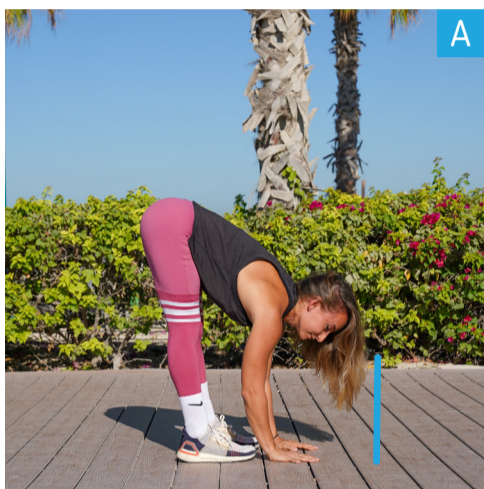
Full Body Strength and Mobility

- world's greatest stretch x 2 min
- single leg bodyweight deadlift x 1 min
- commando plank x 1 min
- dead bug x 1 min

4 SETS

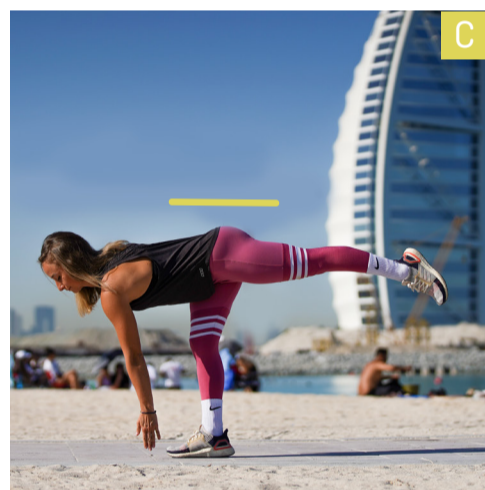
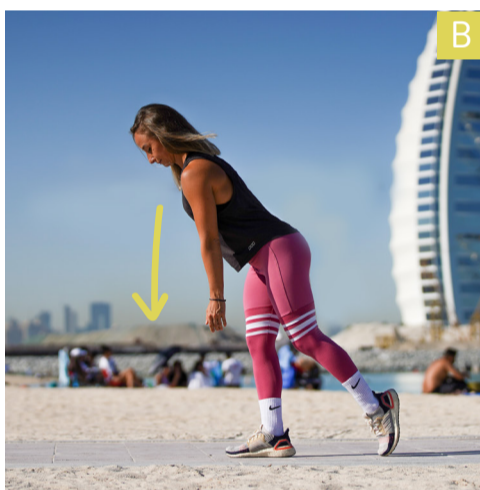
WORLD'S GREATEST STRETCH Repeat for 2min

Maintain your legs as straight and stretched as possible.



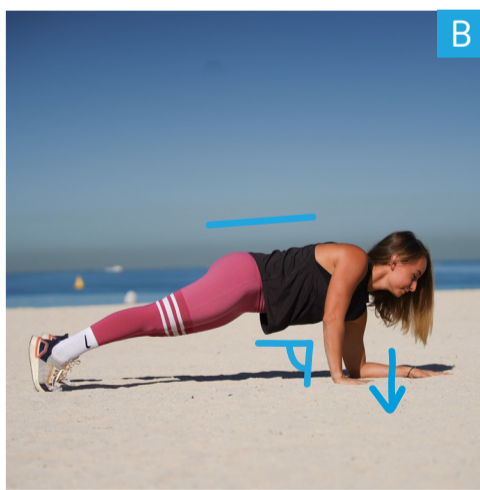
SINGLE LEG BODYWEIGHT DEADLIFT Repeat for 1min

Focus on your balance while keeping your hips squared.



COMMANDO PLANK Repeat for 1min

Draw your abs in.



DEAD BUG Repeat for 1min

Keep your core tight.

